

**USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 05-18-07)

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**A722 – PORK, CANNED, W/NATURAL JUICES, FULLY COOKED, 24 OZ**



**Nutrition Information**

Pork, canned with juices, salt added

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Coarse ground pork cooked in its own juices with a small amount of salt for flavoring.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>24/24 oz cans per case.</li> <li>One 24 oz can AP provides about 12.1 1-oz servings heated, drained pork.</li> <li>One lb AP yields 0.51 lb heated, drained pork and provides about 8.16 1-oz servings heated, drained pork.</li> <li>CN Crediting: 1 oz heated, drained pork provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pork in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned pork covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	1 oz (28 g)	¼ cup (55 g)
Calories	62	120
Protein	5 g	9 g
Carbohydrate	0 g	0 g
Dietary Fiber	N/A	N/A
Sugars	N/A	N/A
Total Fat	4 g	8 g
Saturated Fat	2 g	3 g
Trans Fat	N/A	N/A
Cholesterol	18 mg	30 mg
Iron	0.18 mg	0.37 mg
Calcium	10 mg	20 mg
Sodium	77 mg	150 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	50 IU	100 IU
Vitamin A	N/A	N/A
Vitamin C	0.62 mg	1.2 mg
Vitamin E	N/A	N/A

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Chill canned pork overnight for easy removal of fat and/or slicing. Use natural juices as part of the liquid required by any recipe. Chill only as many cans needed for one day. Using a can opener, remove both the bottom and top lids of the can and push the pork through with the bottom lid.</li> <li>• Heat processed ready-to-eat beef and pork products to 165 °F for 15 seconds.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Canned pork is thoroughly cooked during processing and may be used in main dishes, such as barbecue pork, pizza, soups, stews, spaghetti sauce, vegetable stir-fry, casseroles, and similar items. Substitute canned, drained pork for cooked ground pork, cooked pork cubes, or similar cooked meats in recipes.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DO NOT TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>